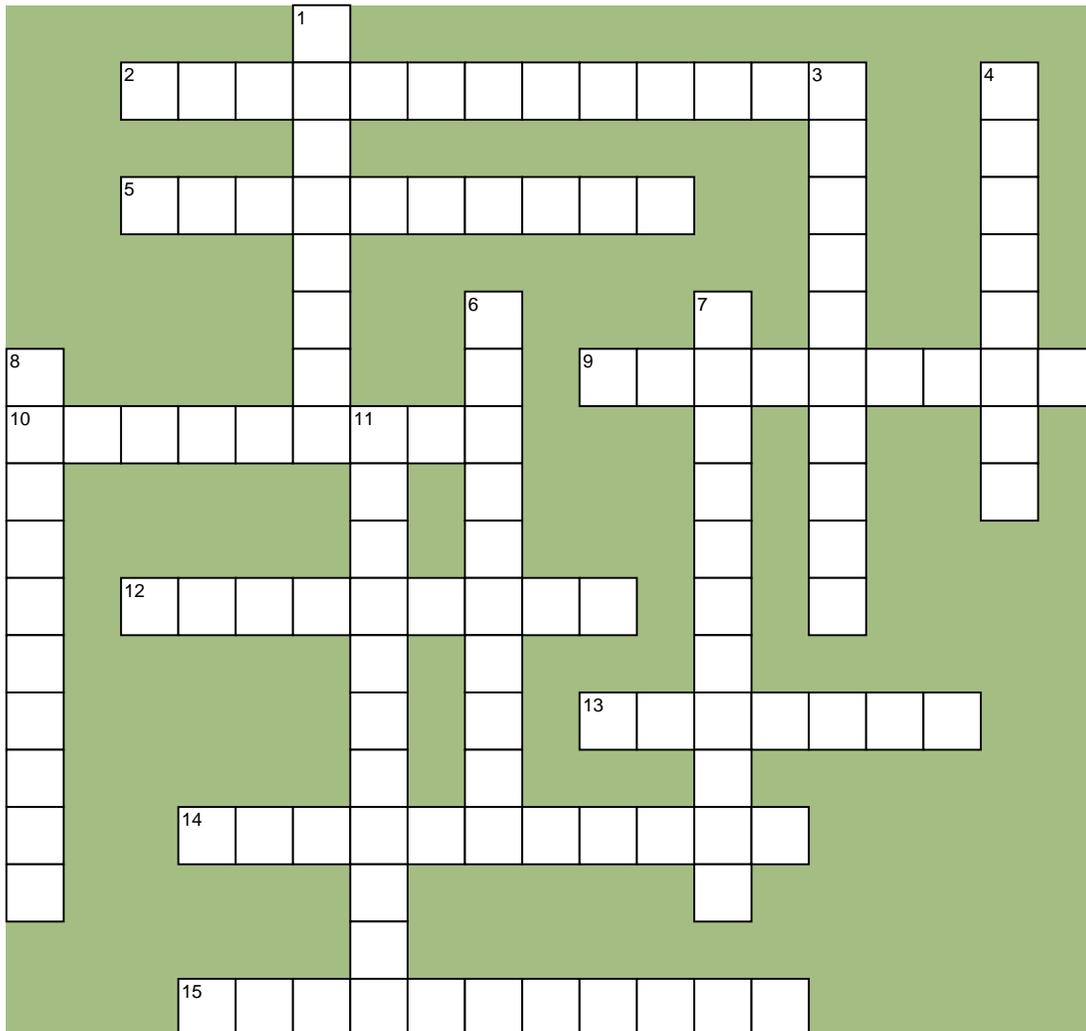


Herbal Actions



ACROSS

- 2 Herbs to help reduce muscle cramping, spasms and tension
- 5 Herbs that can tone and tighten tissues
- 9 Herbs that can help reduce pain
- 10 Herbs that help relieve phlem in the throat
- 12 Herbs that can help heal wounds
- 13 As an additive in cocktails or as a medicinal remedy to promote digestion
- 14 Can help to lower blood pressure
- 15 Herbs that can help break up and expel mucus

DOWN

- 1 These herbs increase urine output
- 3 These herbs can help to get rid of parasites in the body
- 4 Herbs that help induce bowel movements
- 6 Herbs that help to restore the proper functions in the body
- 7 Herbs that can help reduce gas and bloating
- 8 Herbs that can help to normalize the body
- 11 Herbs that help bring on menstration